

HOW TO BE HEALTHY AND BEAUTIFUL

MRS. SYMES' ADVICE TO CORRESPONDENTS

ONCE upon a time there was a girl who was pretty, but who grew fat and fatter till she was the fattest girl in her set—weighing 170 pounds at the age of twenty. Now, this state of affairs caused grief to the girl's father, who was a man of esthetic taste and of sufficient sense to know that increased adiposity does not always insure increased strength and health. The girl herself was not so troubled, for a dulled sensibility and indifference are characteristic of many fat people.

However, this girl was suddenly aroused from her lethargy by her father's offer of \$5 for every pound she would lose. She experimented with ways and means—the unusual activity given her brain was helpful—and finally hit upon a method which proved most satisfying. She had once gloried in long walks and had been fond of sports, so walking and even running were resumed, as was also tennis. When engaged in these exercises (and it was summer, too) she was always arrayed in a white wool sweater, which induced profuse perspiration. The only caution necessary was to be prudent when, the exercise over, she sought rest and cool; to avoid drafts and iced water. At the end of the season she weighed just forty pounds less, had regained all her grace and comeliness, and had added \$200 to her balance sheet.

This little story goes merely to show that, with proper incentive and systematic perseverance, proportionate and youthful figures may be retained.

The fat girl should guard against becoming indulgent in her habits. Seven hours is quite long enough for sleep, and the luxurious little day nap should be dropped from her programme.

She should acquire active interests; her brain as well as her body needs stimulation.

Let her pursuits be varied, in order to exercise all the muscles and to incite interest.

Long walks—no matter what the weather—are of benefit. All outdoor sports will quicken the perception and induce quicker movement should be practiced. Jumping rope, if not overdone, and the heart is good and sound, is a good exercise, and it is fun, too.

Two exercises pictured are simple, and may be performed each morning upon rising. One tends to reduce the abdomen and lengthen the waist: Raise the hands above the head; with knees and elbows stiff, bend forward from the waist and try to touch the floor with the fingertips. Inhale a deep breath as you stand erect with raised arms; expel it as you bend toward the floor.

The other exercise reduces the hips: Stand with hands on hips and shoulders level; raise the leg, with the knee fixed, and make a quick kick as high as may be; then bring the foot back to the floor and perform the action with the other leg.

Deep breathing is an exercise for the fat girl, because many stout girls have little chest development.

In the matter of diet she should be very careful and abstain from many goodies that girls dearly love—ice cream sodas and candies, and in fact, all sweets, soups and milk and starchy foods.

The fat girl is not so likely to overeat as she is to be injudicious in her selection of food. The fat girl is inclined to be indulgent, and it is hard to impress on her so many "don'ts"—but do it all in love. Avoid that delicious little habit of between-meal eating.

Wash for the Skin.

BLANCHE—Cucumber wash is most excellent for the skin at all seasons of the year. To make it, take one or two cucumbers, cut them into rather small chunks without peeling. Put these into a mortar and pound to a paste (use a heavy wooden potato masher and a heavy earthenware bowl) until the mass is pulp-like in consistency. Now filter this through a piece of cheesecloth of very coarse muslin, squeezing out as much of the juice as you can from the refuse. Now put the refuse and filtered juice into a clean enameled saucepan and simmer (don't boil) for ten minutes.

Then strain, and when cold add alcohol to the proportion of one tablespoonful to half a pint of the strained liquid. Bottle and use to sponge your face, instead of washing it during the day. The alcohol should preserve the juice.

To Develop the Bust.

IYA—The following may be tried to increase the size of the bust: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put in small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

I can give you a formula which will fade the brown spots somewhat, but they are almost invariably evidences of liver trouble. If you can get the liver better, they shortly after using the recipe, I should advise you to consult your own physician in regard to the trouble.

Bichloride of mercury in coarse powder, eight grains; witch hazel, two ounces; rosewater, two ounces. Agitate until a solution is obtained. Mop over the affected parts. Keep the lotion out of the way of ignorant persons and children.

For Rough Skin.

MRS. C.—The best thing to do for rough skin on the arms is to bathe the arms every night in alcohol. Rub them briskly, as this will improve the circulation of the blood.

This recipe will harden the bust and make it more firm.

This pomade should not be used as a massage cream, but should be applied after massage to restore shrunken or flabby skin: Oil of sweet almonds, six ounces; white, three ounces; tincture benzoin, one and one-half ounces; pulverized tannin, six drams.

To Remove Warts.

M. O. G.—I think you will find this recipe better than the one you mentioned: Mix one grain of paraffin with nine parts of flexible collodion and apply to wart three times a day. After two or three days the epidermis peels off and the wart will come with it.

Lemon juice, too, will cause some warts to disappear. Touch them two or three times daily with a camel's-hair brush soaked in the juice.

Two Hair Stains.

KATIE—Either one of the following recipes will darken the hair: Green walnut shells, two ounces; alum, one-quarter ounce; pure oil, four ounces. Heat together in a water bath until the water has been completely evaporated. Then express, filter, and perfume.

Sage tea may be used to darken the



To Erase Wrinkles.

L. L. L.—Wrinkles that are caused by much laughing are not at all objectionable, but if you wish to drive them away, massage with the following cream: Lanolin, two and a half ounces; spermaceti, six drams; white vaseline, two and a half ounces; coconut oil, two ounces; sweet almond oil, two ounces; tincture of benzoin, half a dram.

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

To help reduce a double chin practice the following exercise: 1. Stand erect, in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone, then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder, then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily until you can practice each one about fifty times without any discomfort.

Milk of White Roses.

CONSTANT READER—This is an excellent cure for wrinkles: One-half pint rosewater, one-quarter ounce simple tincture of benzoin, three drops of attar of roses. Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add attar of roses, and bottle.

Here is a recipe for a good hair tonic: Cologne, eight ounces; tincture of cantharides, one ounce; oil of English lavender, one-half dram; oil of rosemary, one-half dram. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Lotion for Dry Scalp.

ANXIOUS—Apply this lotion to the scalp every night: Glycerin, one ounce; eau de cologne, one-quarter pint; liquid ammonia, one dram; oil of origanum, one-half dram; oil of rosemary, one-half dram; tincture of cantharides, one ounce. Briskly agitate for ten minutes, then add camphor julep, one-half pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

This cream for pimples has been helpful to many: Salicylic acid, ten grains; calomel, one dram; lard, one ounce.

Eyelash Grower.

E. M. O.—Apply the following lotion to the eyelashes with a tiny camel's-hair paint brush. The brush must be free from any drop and passed lightly along the edge of the eyelids, exercising extreme care that not the minutest portion of the lotion touches the eye itself: Cologne, two and one-half ounces; glycerin, one and one-half ounces; fluid extract of jaborandi, two drams.

Consult a Physician.

ANXIOUS MOTHER—As the trouble is undoubtedly due to cold, it would be wiser to consult your doctor about your daughter. I would advise you not to use any special treatment for developing the bust.

Lack of circulation is the cause of cold feet. Bathing the feet with alcohol or rubbing them briskly with salt stimulates the blood to flow more rapidly, thus making the feet warm. Exercise, too, is often a very good remedy for cold feet. Rise on the toes, count five; lower the body until the heels almost touch the floor; repeat eight times, touching the floor with the heels only on the eighth count. Repeat the same exercise, rising on the heels.

Ingrown Toe Nail.

CONSTANT READER—Loosen the flesh, cut the nail, moisten the affected part with a camel's-hair brush soaked in perchlorate of iron. The flesh is thus made insensible and hard. This remedy is infallible.

gratify her desire for luxuries, so she had decided to earn some for herself. She could not be made to see that by making a comfortable home for herself and her children, she was making the family income do its full duty, she was practically earning money—she did not see the results in hard cash paid each week.

As determined as she is, there will be found a way of earning a few dollars, but she will have to be away from home all day, hire somebody to do the housework, and allow the children to grow up as they please. She will have no time to mend her clothes, where she now cuts and makes them with remarkable skill. She is going to lose a great deal by sacrificing her home life and possibly the whole reckoning will not come till so late a day that she will not have the means of coping with it.

Wifehood and motherhood come first, and when they have to be sacrificed for bread-earning, an expensive and a thankless task, it is a pity for the necessity. Even talent should not interfere with these sacred duties, although it should be treasured for what it is, a God-given gift. If a woman can strike a sensible balance between her home duties and the exercise of some particular talent, she is wise in turning it to account, for only the few have a surplus of money.

The feminine mind fails to grasp the fact that a penny saved is a penny earned. Women with comfortable homes, who seek employment solely for spending money, are making life very hard for bread-winners, for they lower the standard of wages. A woman who has to pay for board and lodging cannot afford to work for the small wages which satisfy the other class. She must live, and she has the same desires that tempt the other woman into the ranks of workers, but not the opportunity to gratify them.

Generally, she would be glad to change places with the other woman and remain in the security of a home, paid for by a masculine worker. Fate plays strange tricks, sometimes, but none more annoying than this.

BETTY BRADEN.

To Reduce Fat.

NELLIE F.—Instead of trying the methods you describe, use the following pomade: Iodide of potassium, forty-six grains; vaseline, one and three-fourth ounces; lanolin, one and three-fourth ounces; tincture of benzoin, twenty drops.

Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fattening—cereals, potatoes, corn, beans, &c. You should avoid sweets of all kinds.

Sage tea is the most harmless of remedies for darkening the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

To Develop the Bust.

L. M. H.—The following will be found very good for developing the bust: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce. Put in small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

Spotted Nails.

FLO—White spots on the nails sometimes indicate disturbed circulation of the blood, but more frequently they result from bruise or injury by a manicuring instrument. No application would avail. The lemon and glycerin formula given makes a simple and pleasant bleach: Citric acid (demon), three drams; hot water, eleven ounces; borax, two drams; red rose petals, one ounce; glycerin, one ounce. Dissolve the acid and borax in the water; infuse the petals for an hour, strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable.

Sage Tea.

A. M. A.—Sometimes the turning of the color of the hair is caused by excessive dryness of its roots. I think this must be your trouble, for you are too young for your hair to turn gray yet. The recipe I am giving will prove an efficacious tonic and will give new life to your hair: Three drams of rosewater, one ounce of tincture of cantharides, four drams of oil of ricin, and ten drops of oil of rosemary. Add sufficient bay rum to make eight ounces.

Rules for the Reduction of Flesh.

"FATTY"—Avoid all starchy and sweetened foods, all cereals and vegetables containing sugar or starch, such as peas, beans, corn, potatoes, &c. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside; no naps. You must take exercise.

Lotion to Whiten and Soften Hands.

IRENE—Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of lemon juice, and a few drops of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Ideas for the Scallops.

Numerous short cuts are suggested for the otherwise tedious task of padding scallops which are to be embroidered. For narrow scallops string or hard twisted twine works well, but for a wider scallop soutache braid is one of the best substitutes for padding. It is best to shrink the braid first, however. Dip it first in hot and then in cold water, and then iron it out straight. It can be applied to the dolly or other article to be embroidered with the machine. Use a long stitch and place it just inside the outer marking. It is so firm that the buttonholing stitches go much faster.

When Using Buttons.

Beware of button trimming on your summer gown unless you have quantities of pretty buttons to use. Half a dozen buttons of ordinary style scattered on a blouse and a dozen more on a skirt make no showing whatever. On the summer coat you may use two or three very large, showy buttons on the front, but if you are trimming a gown with them you must have dozens of small buttons arranged in groups or designs. Neither are plain buttons used except on severely tailored suits. The crocheted button is most popular.

With New Hairdressing.

No hat should be selected this season without first carefully considering the effect from the profile of the new style of hairdressing. The knot of hair so much lower on the head has made a great deal of difference to the side face, and a hat that looks well in front and back may be most unbecoming at the side; but there are so many new and attractive shapes that a woman must be quite lacking in taste if she cannot find what is best suited to her individual appearance.

BETTY'S TWILIGHT CHAT

"Why is it that Edith, with her scrap of an income, always manages to be perfectly dressed for any occasion, while I spend a lot of money, and often have the annoyance of being forced to decline an unexpected invitation because I have nothing to wear?" asked a disgruntled young woman of a friend to both girls.

"Neither, my dear," was the answer. "Edith has to do a deal of thinking before spending a dollar, and she means to get the most she can out of it."

I happen to know Edith—a tall, graceful girl, with a good supply of hard sense. She enjoys life, and is rather popular, but going about and entertaining, even in a modest way, are expensive, and she has to plan to do either. Her frocks are few, but well chosen and carefully kept; she invariably chooses inconspicuous colors. For street colors she alternates between blue and brown, wears stunning combinations of black and white in the evening, and has an occasional white or gray gown. Her evening gowns are made with two waists, so that they can be used for afternoon functions, and her house gowns are so simple as to be original.

One thing she does like to keep up with the latest fashion touches in neckwear, gloves, belts, and shoes, handkerchiefs, and veils. These give smartness to even an old frock, as she has learned by experience. In a room full of well-dressed women she would easily be picked out as one of the most satisfying to the eye, and I know that she does it on an income that many women would regard as impossible for a decent appearance.

Spending money is not all that gives a woman the reputation for good dressing. Some very dowdy women are lavish in ex-

penditure, and one almost feels like taking them in hand. Great dressmakers like Worth have refused the patronage of just such women, knowing that genius would be wasted on them. They are no credit to either dressmaker or milliner. Another class of women who pride themselves on their thrift are no encouragement, to save money in this direction, because they sacrifice good looks to economy. It is a fact that renovating old dresses often equals the price of new ones, without the result of fresh wearing apparel.

A prudent woman would realize this and discard all but clothing that will bear close inspection after it had been freshened. Nothing is so detrimental to one's appearance as an air of shabbiness, and it clings to made-over clothing in the majority of cases. I have heard arguments for and against buying materials that can be made over, but the answer is found in the eyes of the beholder. When a costume is recognized as an old acquaintance it is not a success, no matter how much money has been spent on it.

A practical business woman who has no home ties was recently approached by an aspirant for financial honors, one so persistent that she decided to spend a half hour of her valuable time in the effort to turn the woman into the path of common sense. The attempt was fruitless, because the woman happened to belong to that big class of discontented wives and mothers.

It seems that there was a hard-working husband who had succeeded in giving his family comforts, saving money to buy a home. He was all the most exacting wife could ask—this one complaining that he could not earn enough to

PENNSYLVANIA DUTCH

In the year 1633 a small party of Mennonites came across the water and settled at what was soon after and is still called Germantown, says Dr. De Long in Old Penn. Persecution at home and the prospect of an undisturbed right to worship God according to the dictates of their own consciences turned the faces of thousands and tens of thousands of these Germans to America and nerved them for the awful horrors of the long voyage in leaky and often diseased ships. Gradually the country beyond Germantown was settled by them. The name Dutch, in the true meaning of the word, is a misnomer as applied to these pioneer settlers or their descendants, since they came from Southern Germany along the Rhine and not from Holland. Their vernacular is a dialect similar to that of the lower Rhine, with the addition of more and more English words from year to year, until at the present day those who speak the dialect employ a great many English words, even prefixing the German augment to verbs in the preterite and past tenses, as gewalked, gepreached, geleuctured, &c. I believe that the same race characteristics, the same full measure of patriotic devotion, the same spirit of forbearance, the same sterling virtues of thrift, honesty, and sobriety, the same love of personal, political, and religious liberty, the same respect for the domestic virtues, the same simplicity of character that were observed in the early pioneers are present in their descendants to-day.

While all this is true and something to be proud of, but little can be said in favor of the perpetuation of the Pennsylvania German dialect. Notwithstanding the extraordinary vitality of the dialect, which has survived the wreck

of centuries, it is gradually but surely disappearing, even from the rustic communities. Neither is this to be regretted. Several factors are contributory to the persistence of this dialect. They are a people quiet and simple in their taste, as a rule absorbed in the peaceful vocations of life, diffident and more or less clannish; they have not traveled much, and have, therefore, not come much in contact with their neighbors of other languages. The early settlers brought with them the schoolmaster, and only the German language was taught until a comparatively short time ago.

Many of the older people, although they understand English and are able to speak it in a way, read only German books and newspapers to-day. Letter writing and the keeping of books and records are done in English. To-day, however, no German is taught except in the higher grades, although the Pennsylvania Dutch dialect holds away in the ordinary talk in the schoolyard, the street, or wherever men gather. The legal business was always transacted in the English language, though many men were unable to read the deeds to their own properties. Even now occasionally an interpreter is required to translate the testimony of a witness in our courts. However, in a generation or two, I venture to predict, very little of this dialect will be heard. How long it will take until the characteristic accent is lost may be hard to say. In the country districts the religious services are almost invariably in the German language, while in the towns and villages, where they have evening services, the latter are conducted in the English language, as are all Sunday schools and literary and political meetings.